

Rutabaga Recipes

Rutabaga is in the same family as cabbage, cauliflower and broccoli. You may notice a bit of that familiar flavor when it is cooked.

Rutabaga can easily be enjoyed raw or sliced or cubed and steamed, sautéed and of course added to soups and stews.

To prepare, trim off the larger outer roots, peel away the outer skin with a potato peeler (I leave the top on to hold onto while I am doing this) and then remove the root tip and the top. Cut into whatever sizes you want. For the larger roots, you can easily cut off a section and still have several meals or snacks left! Just wrap what you don't use and put it in the crisper drawer of the fridge.

Steamed Rutabaga

Rutabaga cooks quickly when you are steaming it. You can cube it and steam it in a steaming basket or slice it and sauté it in a pan in water or in the same pan with sausage. When it is done, just season with salt if desired and enjoy!

Beef veggie soup

10 cups water
2 soup bones with meat
2 bay leaf
1 Tbsp peppercorns (green if you have them)
½ tsp crushed red pepper flakes (or more)
1 Tbsp dried thyme
2 tsp kosher salt
2 cups cubed rutabaga
3 cups cubed carrots
Cook bones and beef in water with salt, pepper, garlic and onion until near tender. Add remaining veggies and spices. Cook until tender
Serve with a little bit of rice or pasta in each bowl if desired.

Warm and filling on a cold day, this stew would probably still be delicious without the meat.

Beef Veggie Stew

2 tsp olive oil
1 lb. beef cut into 1" cubes
1 qt. canned stewed tomatoes
4 medium carrots, cut into cubes
6 small or 3 medium onions, cut into 1" chunks
4 cloves garlic, chopped
1 cup cubed winter squash
1-2 cups cubed rutabaga
1 medium potato, cubed
1 tsp kosher salt
2 bay leaves
1 Tbs. dried thyme
2 cups water

In Dutch oven, brown beef in oil. Add remaining ingredients and cook over med. heat until meat and veggies are tender. Add more water if necessary, but not too much.

One of my favorite foods (and pastimes) is to ferment extra produce that we have. Especially winter veggies like cabbage, rutabagas and turnips. Fermented foods are extremely nutritious, easy and rewarding to make. Similar to Sauerkraut that is made with cabbage, fermented rutabagas and/or turnips make "**Sauerruben**". If you are interested in learning more about fermenting your delicious roots, feel free to give me a call or look online for easy instructions. Another excellent resource available at the library is a book called Wild Fermentation by Sandor Elix Katz.

It is so easy to do and so good for you but would require more space than I have here to explain.

If you like a little less healthy side dish, rutabaga fries taste better than potatoes! (In my opinion.)